**ENGLISH PAPER**

**FOOD HYGINE and SANITATION**



**ENVIRONMENTAL HEALTH STUDY PROGRAM**

**WIDYAGAMA HUSADA SCHOOL OF HEALTH SCIENCES**

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**FOOD HYGIENE and SANITATION**

1. **DEFINITION**
2. **Definition of Food**

Food is a basic human need that is needed at all times and wherever he is and requires good and correct management to benefit the body. Without food and drink, humans cannot live their lives. The definition of food according to WHO (World Health Organization) is all substances needed by the body, except water and drugs and substances used for treatment (Putraprabu, 2012).

1. **Definition of Sanitation**

Sanitation as an important part related to food processing in accordance with existing requirements.Sanitation is the creation or maintenance of conditions that prevent food contamination or foodborne illness from occurring. Sanitation is a concrete effort in realizing hygienic conditions (Atmoko, 2017).

1. **Defenition of Food Sanitation**

Food sanitation is one of the prevention efforts that focuses on activities and actions necessary to free food and beverages from all hazards that can interfere with or cook health, starting from before the food is produced, during the processing, storage, transportation, until the time the food is produced. and the drink is ready to be consumed by the community or consumers (Health Departement, 2004).

1. **FOOD SANITATION PURPOSE**

In food sanitation, the sanitation process begins from the moment food begins to be purchased, stored, processed, and served to protect against harming the health of consumers. The objectives of food sanitation are as follows (Miftahuljana, 2019):

1. Ensure that the food to be consumed is safe and clean
2. Prevent the spread of disease through food
3. Prevent the spread of food products that can threaten the health of consumers.
4. Minimize the occurrence of damage or spoilage in food
5. **FACTORS AFFECTING FOOD SAFETY**

Some of the factors that cause food to be unsafe are (Tampubolon, 2018) :

1. **Contamination**

Contamination is the entry of foreign substances into unwanted or unwanted food. Contamination is grouped into four types, namely:

1. Microbial contamination such as bacteria , fungi, fungus.
2. Physical contamination such as hair, dust, soil, insects and other impurities.
3. Chemical contamination such as fertilizers, pesticides, mercury , arsenic, cyanide and so on.
4. Radioactive contamination such as radiation, alpha rays, gamma rays, active radio, cosmic rays and so on.

The occurrence of contamination can be divided into three ways, namely:

1. ***Direct contamination,*** namely the presence of contaminants that enter the food directly due to ignorance or negligence either intentionally or unintentionally. Examples of haircuts into rice, the use of fabric dyes and so on.
2. ***Cross contamination*** is contamination that occurs indirectly as a result of ignorance in food processing. For example, raw food comes into contact with cooked food, food comes into contact with dirty clothes or utensils, such as plates, bowls, knives or cutting boards.
3. ***Recontamination***, namely contamination that occurs in food that has been cooked perfectly. Examples of rice contaminated with dust or flies because it is not protected with a lid.
4. **Poisoning**

Poisoning is the emergence of clinical symptoms of a disease or other health problems due to consuming unhygienic food. Foods that cause poisoning are generally contaminated with physical, microbial or chemical elements in dangerous doses. This condition is due to food management that does not meet health requirements and or does not pay attention to the rules of food hygiene and sanitation. Poisonous monkeys can occur because:

1. Natural food ingredients are foods that naturally contain toxins such as poisonous mushrooms, fish, buntel, green cassava, yam tubers or other toxic tubers.
2. Microbial infections, namely bacteria in food that enter the body in large quantities (infective) and cause diseases such as cholera, diarrhea, dysentery.
3. Toxins/microbial toxins are toxins or toxins produced by microbes in food that enter the body in dangerous amounts (lethal dose).
4. Chemical substances, namely harmful substances in food that enter the body in harmful amounts. Allergies are allergens in food that can cause sensitive reactions to susceptible people.
5. **FOOD SANITATION PRINCIPLE**

The definition of the principle of food sanitation is the control of four factors, namely place/building, equipment, people and food ingredients. There are 6 principles of food and beverage sanitation, namely (Arrazy, 2020):

1. ***Selection of food ingredients***

Good quality food ingredients can be seen through their physical characteristics and quality in this case shape, color, freshness, smell and others. Good food ingredients are free from damage and pollution, including contamination by chemicals such as pesticides. one of the efforts to get good food ingredients is to avoid the use of food ingredients that come from sources that are not clear (wild) because they cannot be justified in terms of quality.

1. ***Food Material Storage***

The process of storing foodstuffs is so that foodstuffs are not easily damaged and lose their nutritional value. All food ingredients are cleaned before storing, which can be done by washing. After drying, it is then wrapped in a clean wrapper and stored in a low temperature room. One example of a good storage place is the refrigerator or freezer. Freezers are very helpful in storing foodstuffs when compared to other storage places such as cupboards or food storage drawers.

1. ***Food Processing***

Food processing is the process of changing the shape of raw materials into ready-to-eat food. Good food processing is one that follows the principles of hygiene and sanitation (Depkes RI, 2004). The purpose of food processing is to create food that meets health requirements, has an appropriate taste and has a shape that stimulates the taste buds. In the food processing process, it must have sanitary hygiene requirements, especially maintaining the cleanliness of the cooking utensils used, the processing area or called the kitchen and the cleanliness of food handlers.

1. ***Food Storage***

Things that need to be considered in storing food include the stored food must be covered, then there is a special place to store food. Food should not be stored near waterways. If stored in an open room should be no more than six hours and closed to avoid insects and other animals. Storage cabinets should be closed and not without support legs or in the corner of the room because mice, cockroaches and other animals will be very easy to reach.

1. ***Food Transport***

The promotion of healthy food will play a very important role in preventing the occurrence of food contamination. Pollution of mass food is higher than the contamination of foodstuffs. Therefore, the emphasis of control that needs to be considered is on cooked food. In the process of transporting food, many parties are involved, starting from the preparation, storage, people, temperature and the transportation vehicle itself.

1. ***Food Serving***

An attractive presentation of food will provide added value in attracting customers. The technical presentation of food to consumers has various ways as long as it pays attention to the rules of good sanitation and hygiene. The use of wrappers such as plastic, paper or plastic boxes must be in a clean condition and do not come from materials that can cause poison. and an apron. No direct contact with the food served.

1. **SOURCES OF FOOD POLLUTION**

Source contamination of food can occur in some ways that is the source of pollution officer behavior infectious food handlers to food, among others (Harahap, 2017):

1. ***Dirty hands***

Hand hygiene is very important for everyone, especially for food handlers. The habit of washing hands at all times must be made a habit. In general, the unwillingness to wash hands before doing something because it feels time consuming, with the habit of washing hands, is very helpful in preventing the transmission of bacteria from hands to food.

1. C***oughing or splashing saliva***

Cough is a sign of disease or allergies. People who cough are actually people who are not healthy and can transmit diseases to food during food processing. If the cough is due to allergies, it cannot stand smoke, certain odors or other reasons, then it must avoid the source of the cause and cover it with a handkerchief. Saliva is a source of contaminants that will be scattered into the air while talking or laughing.

Therefore, it is not permissible to joke in front of food or talk while working. To prevent the habit of spitting, it can be overcome by chewing gum so that the saliva is swallowed with a good taste with the taste of candy. If you have to spit, then spit in the space provided.

1. ***Wearing jewelry***

Jewelry that is worn will become a nest of dirt that settles due to dust, dirt through sweat and so on. Jewelry will be a source of food contamination, so it does not need to be used when processing food.

1. **FOODBORNE DISEASE**

Foodborne Disease is a disease symptom that arises due to eating food ingredients containing microorganisms or their toxins (including plants, chemicals, animals). Foodborne diseases according to the Indonesian Ministry of Health explains that diseases that generally show disturbances in the digestive tract are characterized by symptoms of nausea, heartburn, diarrhea, sometimes vomiting caused by consuming foods that contain large amounts of malignant bacteria, toxins, bacteria. or hazardous chemicals (Tampubolon, 2018).

Healthy food will make the body healthy so that we can carry out activities properly. However, if the food we consume does not meet the requirements then our health will be disturbed or cause disease. Diseases that are transmitted through food, such as (Astiti, 2018):

1. Diarrhea caused by the bacterium Vibrio cholerae.
2. Typhoid fever is caused by Sallmonella thyposa.
3. Dysentery is caused by Amoeba.
4. Worms (Taeniasis) are caused by worms such as Taenia solium in pigs and Taenia saginata in cattle.

In order to avoid the disease mentioned above, it is necessary to hold preventive measures. Prevention can be done with hygiene efforts on food handlers. Good and correct management is basically managing food and beverages based on the principles of food hygiene and sanitation (Astiti, 2018).

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